

FieldGuide

issue 08

*expert advice • informative interviews • great recipes
exciting communities • and more...*

- 2016 -



OVER 55 YEARS OF EXCELLENCE

“
Your perfect GTA
lifestyle starts with
Fieldgate Homes.”

OWN FIRST IN THE GTA'S FAVOURITE FAMILY COMMUNITIES...

Time and time again, when we ask our homeowners why they chose to buy a Fieldgate home, we get some pretty familiar answers. Many say that the deciding factor was Fieldgate's award-winning floor plan designs, while others say it was the beautiful master-planned community design. Whatever your reason for choosing Fieldgate, with new releases coming soon to both of our current new home communities, we're confident that you will find a home that you'll love in 2016 with Fieldgate Homes.

Valleylands – West Brampton

Boasting a selection of single detached 38' & 50' designs, discerning homebuyers are going to like what they see when they discover these impeccably crafted luxury homes.

At Valleylands, the best of West Brampton living is literally at your doorstep. The Heartland Town Centre is only five minutes away, offering major retailers such as Best Buy, Home Depot and Costco. Nearby Erin Mills Town Centre, Trinity Common Mall and Bramalea City Centre also offer wonderful selections of shops and restaurants. Nature lovers can soak up the Credit River landscape at nearby El Dorado Park and golfing enthusiasts will be impressed with the great selection of golf courses within a short driving distance. If that weren't enough, the commute to Toronto is a breeze with Highways 401 and 407 just minutes away.

Impressions – Kleinburg

The New Release at Impressions in Kleinburg features yet another stellar collection of luxurious family residences in a charming village setting. Featuring exquisite single detached 38' & 44' homes, you can discover a lifestyle of true comfort and prestige in this exceptional family community.

Throughout all of the GTA, there's no place quite like the Village of Kleinburg. Perfectly nestled between the east and west branches of the Humber River, Kleinburg offers all the pleasures of small town life just minutes from the big city conveniences of Vaughan and the surrounding area. Vaughan's many other charming neighbourhoods also offer convenient shopping destinations – such as Vaughan Mills – boasting a host of major retailers and top name brands. Commuting is made easy with Highways 27, 400, 427 and 407 all just minutes away.

Coming Soon – Stouffville, West Whitby & Thornhill

An all New Release will be coming soon to Stouffville's popular Blue Sky Community. Featuring a range of single detached homes and freehold townhomes in this popular community setting, GTA homebuyers have a lot to look forward to.

Our next master-planned community is Whitby Meadows. It will feature an exceptional selection of 30', 36' and 42' single detached homes, semis and freehold townhomes in west Whitby's finest natural setting.

Finally, Fieldgate will be introducing a spectacular collection of luxury townhomes in the prestigious Thornhill Woods neighbourhood.

To learn more about our communities, or to register for any of our exciting coming releases, please visit www.fieldgatehomes.com today.

SUMMER EVENTS

There's nothing like summer in the GTA. With numerous festivals across the region, your family can enjoy fun-filled outings all season long. Here are some of the events we're looking forward to this summer. Pick your favourites and we're sure your family will have a great time.

ART BEAT 2016

THURSDAY, JULY 14TH, 2016
DOWNTOWN KLEINBURG

Kleinburg Village's annual ArtBeat Festival is set to take place on Thursday, July 14th from 7:00pm - 9:30pm. The historic streets of Kleinburg will be filled with colour and music, as artists and musicians line the streets and provide outdoor entertainment for the public. ArtBeat 2016 is sure to delight with fine art, sculpture, photography, jewellery, spray paint, animation, comics and caricatures.
www.kleinburgvillage.ca/events/artbeat-in-kleinburg



WHITCHURCH STOUFFVILLE STRAWBERRY FESTIVAL

JUNE 30TH - JULY 3RD 2016
DOWNTOWN STOUFFVILLE

Featuring a street market, rides, a car show, music and entertainment events, The Strawberry Festival celebrates the rich agricultural heritage of Stouffville. With a range of fun filled attractions for the whole family, you're going to love this exceptional event.
www.strawberryfestival.ca



REDPATH WATERFRONT FESTIVAL

JULY 1-3, 2016
TORONTO'S WATERFRONT & HTO PARK

The Redpath Waterfront Festival offers virtually endless opportunities to get out and enjoy life on Toronto's iconic harbour. The festival hosts a Flyboarding competition, Dock Dogs canine aquatic competition, music, wine & spirit tasting and more.
tewaterfrontfest.com

5TH ANNUAL WHITBY RIBFEST

JULY 8TH-10TH, 2016
WHITBY VICTORIA FIELDS

Now in its 5th year, the Whitby Ribfest is a popular annual event that features delicious ribs, rides for the kids, interesting vendors, live entertainment and more. Located at Whitby Victoria Fields directly south of Iroquois Park Sports Complex, this event is not to be missed.
www.whitbyribfest.com

CARIBANA 2016

JULY 28TH - JULY 31ST 2016

The 48th annual Caribana Toronto Festival is just around the corner and hundreds of Caribbean inspired events, classes and parties have been planned to mark this year's festival. Toronto's Caribbean Caribana Festival has grown exponentially since its start in 1967. The highlight is the parade that happens on the Saturday of Caribana weekend. Learn more at www.caribanatoronto.com



CARABRAM

JULY 8-10, 2016
DOWNTOWN BRAMPTON

For over 30 years Carabram has been Brampton's signature multi-cultural festival. The festival features pavilions from up to 20 diverse ethnic groups - each celebrating their culture and heritage through song, dance, food, drink and more. Come and experience the rich cultural diversity of Brampton at this fan-favourite event.
www.carabram.org

HWY 401

BRAMPTON

CALEDON

KLEINBURG

VAUGHAN

AURORA

STOUFFVILLE

MARKHAM

NORTH YORK

WHITBY

PICKERING

TORONTO



CLASSIC HARDWOOD

Some things never go out of style, and a classic hardwood floor is definitely one of them. Right now Fieldgate's most popular versions are 5" and 7" engineered hardwood flooring in both Oak and Maple. Choose a smooth finish for a more polished look, or a hand-scraped finish to give your home a distinguished-yet-rustic atmosphere.



TRENDY TILES

Brightly coloured rectangular floor tiles in both matte and polished finishes are big this year in all homes. Today's homebuyers are really gravitating to oversized 24" x 24" porcelain tiles. Consider a stacked pattern installation to create a sophisticated and timeless look that makes a real impact.



LOVE THAT LAMINATE

As technologies and materials improve, laminate flooring is becoming more and more popular every year. Many higher end laminate products are virtually indistinguishable from wood, and are also more cost effective and more scratch resistant. Discover a wide selection of chic laminate designs at our Décor Centre.



FLOORING TRENDS

Selecting the right flooring for your home is one of the best ways to create a signature look and feel that will really wow your visitors. Our Fieldgate Décor experts are always keeping their eye on the latest trends in home flooring, so you can discover some of these exciting new flooring products the next time you visit our Fieldgate Décor Centre, located at 145 West Beaver Creek in Richmond Hill. Visiting hours without an appointment are: Saturday & Sunday: 11am to 5pm (except holiday weekends).

FIND LIFE'S PERFECT BALANCE IN WEST BRAMPTON



There's nothing quite like creating a perfectly balanced lifestyle for your family. It's a dream that many strive to make a reality. With a little help it is possible, but you need to start with the perfectly balanced location. There's no better place in all the GTA to make this dream come true than West Brampton. Within West Brampton, homebuyers agree that there is no better community than Valleylands.

Valleylands is also ideally located to take advantage of the best schools that West Brampton has to offer. A new elementary school is proposed for construction right in the Valleylands community, and Queen Street Elementary School and Sir William Gage Middle School are just a short walk north of the community. There are also a number of public and Catholic primary and secondary schools within a short distance. With post-secondary tuition costs on the rise, it's nice to know that Valleylands is ideally situated to make the live-at-home college lifestyle a breeze. Well-regarded institutions such as Sheridan College and Algoma University both have campuses that are just a short drive or bus ride away.

For more information on Valleylands, please call 905-457-0445 or visit fieldgatehomes.com.



Ideally located in the heart of the Credit River landscape, there's a selection of 38' and 50' singles currently available at Valleylands. The homes in this community have been designed with families in mind, and feature stylish open-concept main floor plans, ample bedroom space and a host of stylish features and finishes.

A place that is constantly evolving, yet always retaining the charm of its rustic heritage, West Brampton offers the best of natural countryside atmosphere and modern city convenience. Whether you're taking the family shopping or enjoying a family hike, you won't have to go far from home if you live in West Brampton. And with a number of major employers nearby – including the head offices of Microsoft Canada, Du Pont Canada and GlaxoSmithKline – you can minimize your commute and ensure that you're always living life to the max in this desirable Brampton location.



THE FIELDGUIDE TO PLANTER GARDENING

Whether you are a city dweller with limited space, or you just love your lawn too much to make a bigger conventional garden bed, planter gardening is a great way to use your green thumb on a smaller scale.

GIVE EXTRA WATER

Planters generally need more water than traditional garden beds, so make sure to quench your plants' thirst a little more often than usual.

ENSURE PLENTY OF DRAINAGE

When you're dealing with potted plants, good drainage is essential. Select planters or containers with holes in the bottom to ensure that water can move freely and won't flood the planter. If your current planters don't have holes in the bottom, just make a few of your own with a power drill.

PICK THE PLACE WITH THE RIGHT SUN FOR YOUR PLANTS

Different plants need different amounts of light, so make sure to select plants that will thrive in your proposed locations.

MAKE SURE YOUR PLANTS GET ALONG

Because different plants need different amounts of light and water and fertilizer, it is important to select plant varieties that have similar needs and interact well together.

USE PLENTY OF LIGHT POTTING MIX

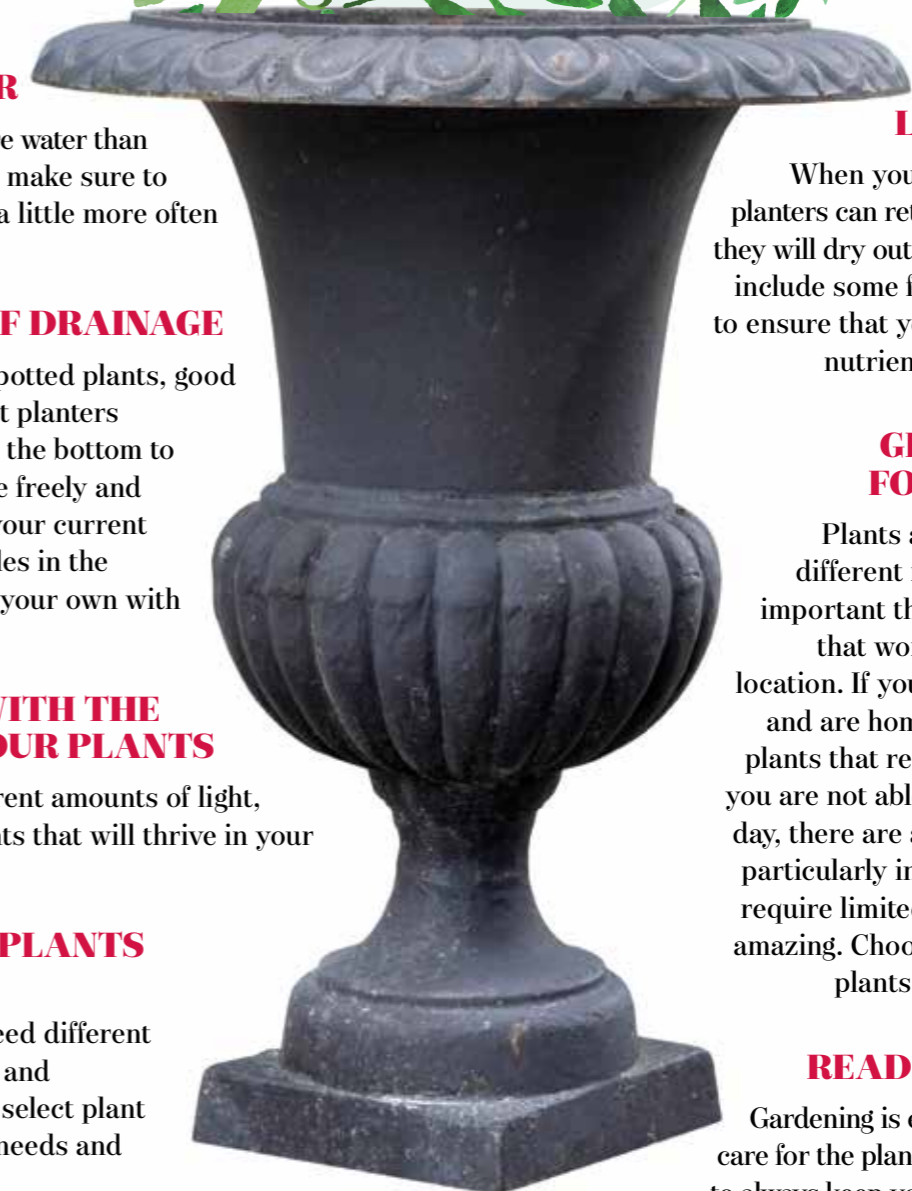
When you use more potting soil, your planters can retain more water, which means they will dry out more slowly. You should also include some fertilizer in your potting mix to ensure that your plants are getting all the nutrients they need to stay healthy.

GROW WHAT WORKS FOR YOUR LIFESTYLE

Plants are like people, they all have different needs and personalities. It's important that you select plant varieties that work well for your lifestyle and location. If you have a sunny outdoor area and are home frequently, feel free to try plants that require more sun and water. If you are not able to water your plants every day, there are a number of great options – particularly in the succulent family – that require limited maintenance and still look amazing. Choose wisely, and you and your plants can be very happy together.

READ YOUR PLANT TAGS

Gardening is easier when you know how to care for the plants you've selected. Make sure to always keep your plant tags, as they include important care and maintenance information.



If you follow these simple tips, you'll have a great chance of enjoying healthy, vibrant planters all season. Just make sure that you and your new green thumb are prepared for all the compliments you'll be getting from friends and neighbours!

THE FIELDGUIDE TO...

GREENER, CLEANER LIVING

Try these new eco-friendly products that both your family & the environment will love!

01
**REUSABLE
DRYER BALLS:**

These simply designed products are available from several companies. Typically made of PVC-free plastic, or even wool, reusable dryer balls are a non-toxic way to remove static cling, and they also can reduce drying time for added energy savings.



02
**INDUCTION
COOKTOPS:**

Induction cooktops provide fast, even heat and use a fraction of the energy of traditional cooktops. With induction cooktops, an internal copper coil creates a magnetic field that actually causes the molecules in your pots and pans to vibrate at an incredibly rapid rate. This produces heat, and the cookware itself cooks your food, not the burner!



03
**ECO-FLOW
SHOWERHEADS:**

Low-flow shower heads are included in all Fieldgate homes and they have improved immensely over the years. They offer full pressure while still offering greatly improved water efficiency.



04
**SOLAR
POWERED
OUTDOOR
SPEAKERS:**

It's now easier than ever to enjoy your favourite tunes in the backyard, with an ever-growing number of solar powered outdoor speakers becoming available. With most offering Bluetooth connections to your phone or mp3 player, you can rock out to all your favourite tunes and help the planet at the same time.

05
**HOMEMADE
HOME
CLEANERS:**

Save money, protect your family from harsh chemicals and help the environment by making your own eco-friendly home cleaners. All you need is a little white vinegar, baking soda, tea tree or lavender oil and water to create a disinfectant spray that is just as effective as most store-bought cleaners.



SIX WAYS

TO KEEP FIT AS A FAMILY



In our modern age of video games, iPads and Netflix, it can be pretty challenging to make sure that our families are getting the exercise they need to keep healthy. With a little creativity, family exercise can be a fun way to spend more time together and get healthy at the same time. Here are a few tips:

HAVE A FAMILY SPORTS NIGHT

Every kid cherishes memories of backyard catch or driveway ball hockey with their parents. Pick a night every week to play sports as a family to create good health in the present and great memories that last a lifetime.

GET A DOG

Your kids have probably been begging you for one anyways, so why not give in. Studies have shown that children with dogs get more exercise than children without any pets, also an evening dog walk can be a great family event.

PLAY AN ACTIVE GAME

The more fun you make your family exercise sessions, the more likely you're going to keep up the habit. Backyard classics like Tag, Hide and Go Seek and Simon Says are great ways to get your family some solid aerobic exercise.

DANCE THE NIGHT AWAY

Did you know that you can burn 300 calories or more from an hour of up-tempo dancing? It's true. So pick your favourite high energy hits and turn the living room into your family's personal nightclub this weekend!

MAKE YARD WORK FUN

Yard work is a great way to get a light cardio workout and keep your home looking great at the same time. Get your kids into the garden, raking leaves, weeding or shovelling snow to work up a sweat and get through the chores this weekend.

BIKE

Cycling is a safe and fun way to get fresh air and explore your community. There are a number of wonderful cycling paths and trails across the GTA, just hop on the web to find one near you and get out there. Remember to wear your helmets and light coloured clothing to stay safe!



WEEKEND

HIKING TRAILS

Wherever you live in the GTA, there's a pretty good chance that an exceptional hike can be found near your neighbourhood. Here are a few of our favourites. Discover one for yourself this weekend!

CALEDON TRAILWAY — TRANS CANADA TRAIL

Caledon

Located on the old rail line of the historic Hamilton & Northwestern Railway, The Caledon Trailway was the first officially designated portion of the Trans Canada Trail. Spanning over 35 kilometres, this trail is ideal for hiking and walking, running, cycling, horseback riding and even snowshoeing in the winter!

BRUCE'S MILL CONSERVATION AREA

Stouffville

At Bruce's Mill, you can enjoy hiking along trails and a winding boardwalk beneath a beautiful forest canopy. Plus if you want to take your weekend hike to the next level, you can try Treetop Trekking at Bruce Mill's Park. Featuring 5 zip line and aerial game courses, you can spend your day suspended amongst the trees for a truly memorable experience the whole family is sure to love.

MARTIN GOODMAN TRAIL

Toronto

Stretching from the Humber Bay Arch Bridge in Toronto's west end to the Rouge River in the east, Martin Goodman Trail is a 56 kilometre walking and cycling pathway along Toronto's waterfront. With plenty of amazing stops along the way — such as Sunnyside Beach, The Harbourfront Centre and The Beach — you could literally spend your entire summer enjoying different adventures along this extensive trail system.

BOYD CONSERVATION AREA

Kleinburg

Perfect for hiking and cross country skiing, the trail at Boyd Conservation Area is a great choice for your next family outing. Boyd also features ample picnic areas and even bocce courts, so you can enjoy an activity-filled day here.

HEBER DOWN CONSERVATION AREA

Whitby

Located in North Whitby, Heber Down Conservation Area features 5 kilometres of gently sloping trails that are perfect for a leisurely weekend walk. The conservation area is also popular for fishing, group camping and picnicking.

THE FIELDGUIDE TO BUILDING A BUTTERFLY HOUSE

A butterfly house can help to spruce up your garden by adding a landscaping element. There are many great variations on butterfly house plans but the great thing about them is that all of the variations are easy to build and can make a great craft project for a free afternoon.

STEP 1 - CUTTING THE FRAME

Do not worry about your pine wood being perfect. There is no reason to sand it down or paint it unless you want a very clean look instead of the butterfly house being more "country-ish". The first thing you want to do is measure out your 1/2" pine wood. Use your ruler and pencil to measure and mark off the following sizes:

- Back: 4 1/2-inches by 18-inches
- Front: 4 1/2-inches by 18-inches
- Top: 7-inches by 7-inches
- Bottom: 4 1/2-inches by 6-inches

Now that you have your pieces measured it's a good idea to make a notation in the center of each one so you know which piece is the top, bottom, or side.

STEP 2 - ADDING BUTTERFLY ENTRANCES

Making the frame is just the beginning to this project. Now, create the openings that the butterflies will enter by using your ruler and pencil to measure out three 12-inch by 1-inch wide slits, making the center slit an inch or two higher than the others. Once you're finished marking, cut them out.

STEP 3 - MAKING A BUTTERFLY HOUSE A HOME

Lay your back panel down and arrange tree bark pieces any way you want, but cover the entire back panel aside from a 1/4-inch space along each edge. Next, nail the tree bark in place with your hammer so they are secured to the pine back. Now, nail the front and back pieces to the bottom of the butterfly house, using 1/2" nails, one nail per 1/2-inch. Next, attach the side panels to the bottom of the construction and to the front and back panels you nailed together.

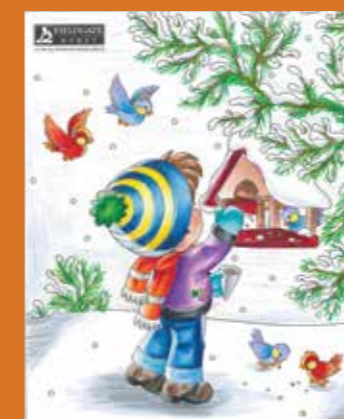


STEP 4 - FINISHING TOUCHES

Your butterfly house is nearly complete. All you need now is to add the finishing touches to the inside of the butterfly house. Put a thin layer of moss at the bottom of the house, taking care to leave your slits and some of the bark uncovered. Add one or two branches with leaves to finish your decorating. Finally, nail the angled roof in place.

STEP 5 - HANGING

Hanging your butterfly house is easy. The best place to put it is near a butterfly bush or another area they frequent. You can hang the butterfly house from a tree limb, but the best course of action is to affix it to a pole or tall, wooden stake close to the butterfly bush.



FIELDGATE FAMILY FUN COLOURING CONTEST

Thanks to everybody who sent in their colouring entries. We had some really wonderful entries, but in the end we could only pick one grand prize winner. Congratulations Ashley, we hope you enjoy your prize.

WHAT DID THE MONKEY SAY TO THE BANANA?

YOU'VE GOT APPEAL!



Summer

KIDS CORNER



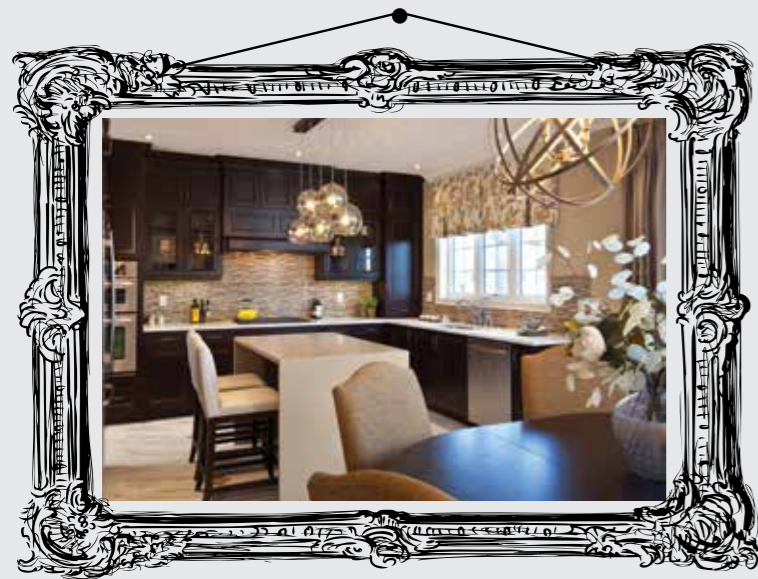
FEATURED APP:

The Magic School Bus: Oceans | iPad | Ages 6-8 | \$3.99

Based on the book *The Magic School Bus: On the Ocean Floor* written by Joanna Cole and illustrated by Bruce Degen, this interactive storybook app is teeming with science facts, videos, photos and games. In comic book style format, readers engage in an active reading experience as they discover plant and animal life, coral reefs, the ocean floor and more. Touch an animal in the ocean to watch a video or learn a fun fact. Every page of this fantastical Magic School Bus adventure features an interaction to extend the reading experience. When the reading adventure is complete, children can play a fast-paced game to earn points for more science facts and to travel to other areas of the ocean!

THERE'S NEVER BEEN A BETTER TIME TO DISCOVER IMPRESSIONS

Visit Impressions in Kleinburg this weekend to discover the GTA's best fully detached family home community. The New Release at Impressions includes an impressive selection, including a select number of popular home designs featuring up to five bedrooms. Homebuyers can tour the designer decorated model home and then take their pick from the many stylish 38' and 44' detached homes currently available.



With an ideal location minutes from the heart of the historic Village of Kleinburg, the Impressions of Kleinburg community has established itself as the community of choice in the Vaughan marketplace. With over 70 acres of greenspace, community parks, ponds and two proposed community schools, you can discover the GTA's most complete lifestyle at Impressions. With such an abundance of selection, homebuyers are sure to find something that meets their families' lifestyle and needs.

This is a place where the old and the new are weaved together to create a vibrant tapestry of inspired community living – a place that celebrates arts and culture; a place that celebrates family and friends. Kleinburg's main street is the perfect backdrop for a leisurely afternoon stroll past charming boutiques, cafés and restaurants. This is also a community that celebrates

our nation's rich cultural heritage – the village is famously home to The McMichael Canadian Art Collection, an exclusive showcase for Canadian art. For nature lovers, the Kortright Centre for Conservation – renown for its hiking, birdwatching and outdoor education programs – is just minutes away, along with Bindertwine Park's breathtaking walking trails, and Copper Creek, one of the GTA's premier golf clubs. The impressive selection of nearby amenities extends well beyond those offered by this quaint Kleinburg setting.

To learn more about Impressions, visit the Fieldgate Homes Sales Centre on the northeast corner of Highway 27 and Major Mackenzie West today. You can also visit Fieldgatehomes.com for more information.



NOW TRENDING... SOCIAL PAINTING

All across the GTA social art venues are giving you the opportunity to enjoy an evening out with friends and indulge your creative side at the same time. Studios throughout the region are bringing the fun of grade school art class to an environment perfect for grown-ups and kids alike. Here are a few social art experiences you can discover this weekend.

PAINT NITE

Multiple GTA Locations
Paintnite.com

Paint Nite brings the social painting experience to popular bars and restaurants throughout the GTA. There are literally hundreds of events in locations such as Whitby, Brampton, Ajax, Toronto, Mississauga, Vaughan and more. Enjoy your favourite tea or adult beverage while you spend time with friends and create your own personal masterpiece.

PAINT LOUNGE

Toronto & Markham
Paintlounge.ca

Paint Lounge offers a similar experience 6 days a week at its convenient Toronto and Markham locations. Featuring an in-house café bar, adult, child and family workshops and events and more, you can always enjoy a great night out at Paint Lounge.

CROCK A DOODLE

Whitby
Crockadoodle.com

If you want to take your creativity beyond the canvas, you should try one of the many GTA studios that offer pottery painting, such as Whitby's own Crockadoodle. Pick a piece of pottery from a wide selection of charming pieces, then decorate to your heart's content. Then, leave your masterpiece with the friendly staff to have it professionally glazed and kiln-fired.

MCMICHAEL CANADIAN ART COLLECTION



If you're looking to take your creativity to the next level, why not try these amazing upcoming classes at Kleinburg's renowned McMichael Canadian Art Collection. More than just our nation's premier showcase for Canadian art, the McMichael offers a wide range of programming for kids and adults interested in developing their artistic skills and appreciation. Visit www.mcmichael.com to learn more.

**FEATURED ADULT CLASS:
MASTER CLASS: POWER
PAINTING, ACRYLIC PAINTING
WITH STEVE ROSE**
Saturday, June 18 to Sunday, June 19
(two classes) 10 am to 4:30 pm

This workshop will focus on strong colour, bold composition, and the dynamic energy of contemporary acrylic painting.

**FEATURED PROGRAM:
ART VENTURE SUMMER CAMP –
KIDS AGES 5-15**
Multiple Sessions, July & August 2016
The McMichael is proud to offer a range of summer programming for kids and teens with programs such as Colour Laboratory, Super Sculpture, The Artist and the Wilderness and more.



MEAT FREE DELICACY:

BBQ PESTO PANEER CHEESE KEBABS

Mix it up this summer with some healthy meat free options on your grill. If you're looking for something savoury and a bit exotic, then you should try this delicious herbed paneer recipe. Paneer is a fresh, unsalted white cheese popular in Indian cuisine. Because it doesn't melt, it is perfect on the grill.

INGREDIENTS:

2 X 225G BLOCKS OF PANEER

1 JAR OF PESTO SAUCE

OLIVE OIL

2 CLOVES OF GARLIC

SKEWERS

INSTRUCTIONS:

First, cut your paneer blocks into cubes. Press the garlic and mix with 2 tablespoons of olive oil and your favourite prepared pesto sauce. Then place your paneer cubes onto your skewers and brush until covered. Then place in a covered container with the remaining sauce and let marinate for at least an hour. Once your paneer kebabs are marinated, simply fire up the BBQ and grill them for about 4-5 minutes on two sides on medium heat. Serve with whole grain rice and salad.



THE FIELDGUIDE TO HEALTHY EATING

5 Tips to Get Your Kids to Eat Healthy

With childhood obesity and type two diabetes among youth at an all time high, it is more important than ever to help your children cultivate healthy eating habits. By limiting treats and processed foods, and sticking to a diet of primarily whole foods with plenty of fruits and veggies, you can get your kids on track for a long and healthy life. Sometimes though, getting your kids to eat healthy is easier said than done. Here are a few of our favourite tips to get your kids loving healthy foods.



SET AN EXAMPLE

Your children will naturally tend to emulate your own eating habits, so when you pick healthy meals and snacks yourself, it can make all the difference.



AVOID PLACING STRONG RESTRICTIONS ON FOOD

According to Web MD, placing strict restrictions against unhealthy foods increases the risk of your children developing eating disorders such as anorexia and bulimia later in life. So instead of banning unhealthy foods, it is better to promote the benefits of the many healthy and nutritious options available.



MAKE HEALTHY FOOD EASILY AVAILABLE

Kids will be more likely to choose healthy foods if they are easily available. Keep fruit or carrot sticks out on the counter, as long as there are no nut allergies in your home you can put out a bowl of trail mix or almonds as well.



FOCUS ON THE BENEFITS

Instead of labelling foods as good or bad, it is better to simply focus on the benefits of healthy foods. Examples include teaching your kids that lean protein will help them be better at hockey, or that a balanced breakfast will help them do better at school.



OFFER OCCASIONAL SWEETS AND TREATS AS "SOMETIMES" SNACKS

By providing sweets and other junk foods very occasionally you avoid the perils of your children seeing these as "forbidden foods" and help them learn that all foods can be enjoyed in moderation.



Celebrating
Over 55 Years
of Great Family Memories



FIELDGATEHOMES.COM